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# Libido

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*For the Peruvian rock group, see **Libido**; for the Cushitic language, see **Libido** language.*

**Libido** in its common usage means sexual desire, however more technical definitions, such as found in the work of Carl Jung, are more general, referring to **libido** as the free creative, or psychic, energy an individual has to put toward personal development, or individuation.

## Psychology

Sigmund Freud introduced the term and pointed out that **libido** is the instinctual energy or force that can come into conflict with the conventions of civilized behavior. It is the need to conform to society and control the **libido**, contained in what Freud defined as the Id, that leads to tension and disturbance in both society and the individual. This disturbance Freud labelled neurosis. Thus, **libido** has to be transformed into social useful energy, according to Freud, through the process of "sublimation".

**Libido** is generally considered synonymous with such concepts as élan vital and psychophysiological energy; related concepts from Eastern philosophy include Kundalini and Tantra.

**Libido** can also be classified as the urge to create life. For humanity, the natural way in which this occurs is through sex. However at a deep subconscious level, the two can be merged as one, given the reason in evolutionary terms for sexual attraction and sex drive. Using this term, the antonym of **libido** is destrudo.

See also Eros (Freud)

## Physiology

Physicians and psychiatrists consider reductions in **libido** to be a type of sexual dysfunction and treat it as a medical problem. For example, decreases in **libido** are linked to decreases in naturally produced estrogen (in women) or testosterone (in both men and women). Hormone deficiencies that cause **libido** decrease are treated by hormone replacement therapy.

Many medical conditions or treatments also cause decrease of **libido**. Surgery, fatigue, psychiatric conditions (such as depression or anxiety), and pain can lead to lower **libido**. Some medications also produce drops in **libido** (such as SSRIs). Sometimes the **libido** decrease from SSRIs can be permanent (see PSSD article).

**Libido** decrease is also associated with aging and pregnancy.

## See also

- Cathexis

- Lust
- Sexual attraction
- Destrudo
- Thanatos
- Mortido

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responsiveness to bioactive LH. Administration of CC to young and elderly men resulted in similar changes in LH pulse characteristics and LH bioactivity and immunoreactivity, suggesting preserved hypothalamic-pituitary responsiveness in the elderly.

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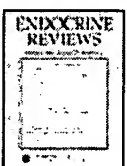
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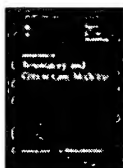
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